

Chris Staefe Fitness Pilates Studio
www.staefe.com

Services and Release Agreement

I have come to train at Chris Staefe Fitness Pilates Studio on my own free will without influence by anyone, including Christopher Staefe. As part of these services and training, I have asked to use and will use equipment which belongs to Chris Staefe Fitness Pilates Studio. Equipment may include, without limitation, a Pilates Reformer, Pilates Chair, other small Pilates props necessary.

Christopher Staefe, Chris Staefe Fitness Pilates Studio, and student teachers, make no representation to me about

1. the safety of these services on his personal equipment or otherwise
2. the therapeutic gain or some other benefit as a result of these services or the use of his personal equipment or any other equipment thereof.

I freely assume all risks associated with these services, including, without limitation, the risk of personal injury to myself and the risk of worsening my personal physical condition.

Should I become injured or should my personal physical condition worsen as a result of these services, I acknowledge that I am solely responsible for myself and my own wellbeing. I shall not look to Christopher Staefe, Chris Staefe Fitness Pilates Studio, or any student teacher, either as an individual or through any insurer, to be responsible for me. I agree that I will not seek to recover from Christopher Staefe personally or from Chris Staefe Fitness Pilates Studio, or any student teacher, or any other insurers, for any injury damage or deterioration of my personal physical condition which I may suffer.

Because Chris Staefe Fitness Pilates Studio is in the private home of Christopher Staefe, I agree to keep his address confidential and in no way will solicit his personal information for public use. I agree to respect his home and its belongings. If I break any equipment, I agree to pay for any damages.

I enter this Services and Release Agreement completely of my own free will and without influence or direction by anyone, including Christopher Staefe, Chris Staefe Fitness Pilates Studio, or any student teacher.

PRINT NAME: _____

SIGNATURE: _____ DATE: _____